

July 16-17, 2018
London, UK

J Prev Med 2018, Volume 3
DOI: 10.21767/2572-5483-C1-003

NUTRITIONAL KNOWLEDGE, ATTITUDE AND PRACTICES AMONG PEOPLE LIVING WITH HIV IN ARMENIA: A CROSS-SECTIONAL SURVEY

Seda Abgaryan

American University of Armenia, Yerevan, Armenia

Background: It is acknowledged that there is a strong relationship between HIV and nutrition. Malnutrition can be caused by reduced appetite, depression, and common opportunistic infections among people living with HIV, such as oral thrush. Malnutrition contributes to immunosuppression and quicker progression to the stage of AIDS. Proper nutrition leads to stronger resistance to the disease and increases compliance to and effectiveness of antiretroviral treatment.

Aim: This study aims to explore nutrition-related knowledge, attitudes, and practices (KAP) of people living with HIV in Armenia. The specific research questions are the following: What is the level of nutrition-related KAP among PLHIV in Armenia? Is there an association between nutrition-related knowledge, attitudes, and actual practice among PLHIV in Armenia?

Methodology: A quantitative cross-sectional survey study design was utilized with interviewer administered questionnaire. The surveyed population included adult PLHIV. Convenience sampling approach was used to recruit PLHIV in the survey. The survey questionnaire has been developed based on the questionnaires used in previous studies conducted on the topic of nutrition

internationally and in Armenia.

Results: During the period of data collection 111 PLHIV were surveyed. The mean percent knowledge score of nutrition was 68.8%, while the mean percent attitude score was 71.2%. Simple linear regression analysis showed statistically significant associations between the mean cumulative practice score and spending on food ($p=0.036$). The analysis also showed marginally significant association between the mean cumulative practice score and the employment status of the study participants ($p=0.098$), with employed participants being more likely to have higher cumulative practice score than unemployed ones.

Conclusion: This was the first study to explore nutritional knowledge, attitude and practices of people living with HIV in Armenia. The study found high level of knowledge and positive attitude, but inadequate consumption of certain food groups among people living with HIV. Larger-scale investigations should be conducted to explore the nutrition-related KAP and nutritional status of people living with HIV in Armenia with the focus on barriers to healthy nutrition in this population.

seda.abgaryan@yahoo.com